

Ryston Runners GP 4 (2019-20)

Overall Under 9s race

Position	Name	Club/School	Time	Category
1	Thomas Simmonds	Ryston	3:03	U9B
2	Harry Doran	GYDAC	3:07	U9B
3	Luke Anderson	St Wooton	3:09	U9B
4	Thomas Elsdon	Ryston/Nt Wooton	3:11	U9B
5	Aidan Howard	Ryston/Nt Wooton	3:13	U9B
6	Leah Beagles	Ingolds	3:14	U9G
7	Rory Wood	Nt Wooton	3:16	U9B
8	Elliott Amos	CoNAC	3:17	U9G
9	Demi Cooper	Mar	3:17	U9G
10	Leo Wood	Nt Wooton	3:19	U9B
11	Billy Finch	U/A	3:21	U9B
12	Jack Barton	CoNAC	3:25	U9B
13	Zoe Hipperson	Glebe	3:26	U9G
14	Bethany Poucher	Gayton	3:27	U9G
15	Jasmin Benson	NNH	3:29	U9G
16	Tom Kaiser	Eaton	3:32	U9B
17	Archie Nickerson	St Martin	3:33	U9B
18	Imogen Dungar	NRR	3:35	U9G
19	April Green	Wicklewood	3:38	U9G
20	Harrison Brewer	St Martin	3:44	U9B
21	Poppy Findlay	Thet	3:46	U9G
22	Evie Owen	St Martin	3:46	U9G
23	Jessica Lawrence	Hunst Pri	3:50	U9G
24	Casey Ward	Ter StC	3:52	U9G
25	Logan Greenwood	Ter St C	3:57	U9B
26	Ryan Baston	West Winch	4:04	U9B
27	Freya Dungar	U/A	4:09	U9G
28	Extra Lewis	Down Prep	4:10	U9B
29	Henry Loveday	Down Prep	4:11	U9B
30	Annabelle Skeffington	Downham Prep	4:12	U9G
31	Ellie Bransgrove	Ter StC	4:12	U9G
32	Rhys Howard	Nt Wooton	4:16	U9B
33	Stanley Roberts	Thetford Acad	4:21	U9B
34	Leilani Singleton-Smith	St Martin	4:27	U9G
35	Charlotte Pavey	Gt Hock	4:32	U9G
36	Kymani Singleton-Smith	St Martin	4:49	U9B
37	Mia Kaiser	Eaton	4:52	U9G
38	Issax Garland	St Martin	4:57	U9B
39	Isabel Pavey	Gt Hock	5:12	U9G
40	George Loveday	Down Prep	5:28	U9B
41	William Ward	Ter St C	6:36	U9B

Ryston Runners GP 4 (2019-20)

Under 9 boys

Position	Name	Club/School	Time
1	Thomas Simmonds	Ryston	3:03
2	Harry Doran	GYDAC	3:07
3	Luke Anderson	St Wooton	3:09
4	Thomas Elsdon	Ryston/Nt Wooton	3:11
5	Aidan Howard	Ryston/Nt Wooton	3:13
6	Rory Wood	Nt Wooton	3:16
7	Leo Wood	Nt Wooton	3:19
8	Billy Finch	U/A	3:21
9	Jack Barton	CoNAC	3:25
10	Tom Kaiser	Eaton	3:32
11	Archie Nickerson	St Martin	3:33
12	Harrison Brewer	St Martin	3:44
13	Logan Greenwood	Ter St C	3:57
14	Ryan Baston	West Winch	4:04
15	Extra Lewis	Down Prep	4:10
16	Henry Loveday	Down Prep	4:11
17	Rhys Howard	Nt Wooton	4:16
18	Stanley Roberts	Thetford Acad	4:21
19	Kymani Singleton-Smith	St Martin	4:49
20	Issax Garland	St Martin	4:57
21	George Loveday	Down Prep	5:28
22	William Ward	Ter St C	6:36

Ryston Runners GP 4 (2019-20)

Under 9 girls

Position	Name	Club/School	Time
1	Leah Beagles	Ingolds	3:14
2	Elliott Amos	CoNAC	3:17
3	Demi Cooper	Mar	3:17
4	Zoe Hipperson	Glebe	3:26
5	Bethany Poucher	Gayton	3:27
6	Jasmin Benson	NNH	3:29
7	Imogen Dungar	NRR	3:35
8	April Green	Wicklewood	3:38
9	Poppy Findlay	Thet	3:46
10	Evie Owen	St Martin	3:46
11	Jessica Lawrence	Hunst Pri	3:50
12	Casey Ward	Ter StC	3:52
13	Freya Dungar	U/A	4:09
14	Annabelle Skeffington	Downham Prep	4:12
15	Ellie Bransgrove	Ter StC	4:12
16	Leilani Singleton-Smith	St Martin	4:27
17	Charlotte Pavey	Gt Hock	4:32
18	Mia Kaiser	Eaton	4:52
19	Isabel Pavey	Gt Hock	5:12

Ryston Runners GP 4 (2019-20)

Overall Under 11s race

Position	Name	Club	Time	Category
1	Jude Linstead	CoNAC	8:08	U11B
2	Eva Barton	CoNAC	8:09	U11G
3	Archie Rowe	Ryston/Glebe	8:20	U11B
4	Mia Squires	GYDAC	8:26	U11G
5	Finn Kaiser	CoNAC / Eaton	8:27	U11B
6	Bobby Goldsmith	CoNAC	8:29	U11B
7	Kieran Walpole	NNH/Stibbard	8:43	U11B
8	Lexi Heather	CoNAC	8:49	U11G
9	Oscar Best	St Martin	8:55	U11B
10	Ethan Ward	Ryston/Ter SC	8:56	U11B
11	Amber Goddard	CoNAC	8:58	U11G
12	Vito Machin	CoNAC	8:59	U11B
13	Lola Kidman	KLTC/Greyfriar	9:09	U11G
14	Eloise Edridge	NNH	9:19	U11G
15	Jacob Booth	Ryston/Ders	9:23	U11B
16	Seth Allott	Wicklewood	9:39	U11B
17	Chloe Pratt	Ryston/Nt Wooton	9:48	U11G
18	Beatrice Green	Der	9:49	U11G
19	Evie Clayton	Ryston/Weasingham	9:53	U11G
20	Lily Goddard	CoNAC	10:03	U11G
21	William Saunders	Glebe/Ryston	10:08	U11B
22	Sarah Wright	Ryston	10:21	U11G
23	Alisha Greenwood	Ryston/T St C	10:49	U11G
24	Hette Koulman	Ryston/Greyfriar	11:00	U11G
25	Isla Pearson	Dereham	11:23	U11G
26	Finley Whitehouse	Ter St C	11:27	U11B
27	Malou Lewis	Down Prep	13:49	U11G

Ryston Runners GP 4 (2019-20)

Under 11 boys

Position	Name	Club	Time
1	Jude Linstead	CoNAC	8:08
2	Archie Rowe	Ryston/Glebe	8:20
3	Finn Kaiser	CoNAC / Eaton	8:27
4	Bobby Goldsmith	CoNAC	8:29
5	Kieran Walpole	NNH/Stibbard	8:43
6	Oscar Best	St Martin	8:55
7	Ethan Ward	Ryston/Ter SC	8:56
8	Vito Machin	CoNAC	8:59
9	Jacob Booth	Ryston/Ders	9:23
10	Seth Allott	Wicklewood	9:39
11	William Saunders	Glebe/Ryston	10:08
12	Finley Whitehouse	Ter St C	11:27

Under 11 girls

Position	Name	Club	Time
1	Eva Barton	CoNAC	8:09
2	Mia Squires	GYDAC	8:26
3	Lexi Heather	CoNAC	8:49
4	Amber Goddard	CoNAC	8:58
5	Lola Kidman	KLTC/Greyfriar	9:09
6	Eloise Edridge	NNH	9:19
7	Chloe Pratt	Ryston/Nt Wooton	9:48
8	Beatrice Green	Der	9:49
9	Evie Clayton	Ryston/Weasingham	9:53
10	Lily Goddard	CoNAC	10:03
11	Sarah Wright	Ryston	10:21
12	Alisha Greenwood	Ryston/T St C	10:49
13	Hette Koulman	Ryston/Greyfriar	11:00
14	Isla Pearson	Dereham	11:23
15	Malou Lewis	Down Prep	13:49

Ryston Runners GP 4 (2019-20)

Overall Under 13/15s race

Position	Name	Club	Time	Category
1	Allyna Mukuya	GYDAC	11:43	U13G
2	Louis Preston	Dereham	11:44	U15B
3	Luke Gilding	Dereham	11:58	U15B
4	Matthew Benson	NNH	11:59	U13B
5	Memphis Symonds	CoNAC	12:01	U15G
6	Bethany Wilson	Thetford	12:12	U13G
7	Callum Wing	Thetford	12:18	U13B
8	Alfie Findlay	Thetford	12:21	U13B
9	Esme Abbott	CoNAC	12:21	U15G
10	Isla Winslow	Harling	12:22	U15G
11	Tobias Cheesbrough	Dereham	12:25	U13B
12	William Wassmer	GYDAC	12:35	U13B
13	Georgia Shirley	CoNAC	12:49	U13G
14	Jake Abraham	CoNAC	12:51	U15B
15	Cody Pearman	Renegade Run	13:03	U13B
16	Jacob Last	Dereham	13:11	U15B
17	Evie Goldring	Ryston	13:12	U15G
18	Ruby Smith	Renegade Run	13:16	U13G
19	Jake Gilding	Dereham	13:26	U13B
20	Esmie Kidman	KLTC	14:17	U13G
21	Toby Sargeant	CoNAC	14:27	U13B
22	Oliver Pearson	Der	14:32	U13B
23	Ella Goldring	Ryston	14:36	U13G
24	Dylan Whitehouse	Ryston	14:49	U13B
25	Sam Doughty	Ryston	14:59	U13B
26	Olivia Sargeant	CoNAC	15:10	U15G
27	Aidan Beagles	Renegade Run	18:24	U13B
28	James McKay-Ferguson	Wisbech	18:26	U13B
29	Elizabeth Duffy	U/A	Wrong course	U13G
30	Freya Pulman	U/A	Wrong course	U13G

Ryston Runners GP 4 (2019-20)

Under 13 boys

Position	Name	Club	Time
1	Matthew Benson	NNH	11:59
2	Callum Wing	Thetford	12:18
3	Alfie Findlay	Thetford	12:21
4	Tobias Cheesbrough	Dereham	12:25
5	William Wassmer	GYDAC	12:35
6	Cody Pearman	Renegade	13:03
7	Jake Gilding	Dereham	13:26
8	Toby Sargeant	CoNAC	14:27
9	Oliver Pearson	Der	14:32
10	Dylan Whitehouse	Ryston	14:49
11	Sam Doughty	Ryston	14:59
12	Aidan Beagles	Renegade	18:24
13	James McKay-Ferguson	Wisbech	18:26

Under 13 girls

Position	Name	Club	Time
1	Allyna Mukuya	GYDAC	11:43
2	Bethany Wilson	Thetford	12:12
3	Georgia Shirley	CoNAC	12:49
4	Ruby Smith	Renegade	13:16
5	Esmie Kidman	KLTC	14:17
6	Ella Goldring	Ryston	14:36
7	Elizabeth Duffy	U/A	Wrong course
8	Freya Pulman	U/A	Wrong course

Under 15 boys

Position	Name	Club	Time
1	Louis Preston	Dereham	11:44
2	Luke Gilding	Dereham	11:58
3	Jake Abraham	CoNAC	12:51
4	Jacob Last	Dereham	13:11

Under 15 girls

Position	Name	Club	Time
1	Memphis Symonds	CoNAC	12:01
2	Esme Abbott	CoNAC	12:21
3	Isla Winslow	Harling	12:22
4	Evie Goldring	Ryston	13:12
5	Olivia Sargeant	CoNAC	15:10

Ryston Runners GP 4 (2019-20)

Overall U17s/ Senior/Masters race

Position	Name	Club	Time	Category
1	Callum Stanforth	Ryston	16:02	SM
2	Charlie Wakefield	Ryston	16:39	U17B
3	Ben Keeley	Ryston	16:55	SM
4	Robert Simmonds	Ryston	17:12	SM
5	Andrew Simmonds	Ryston	17:21	SM
6	Jan Kaiser	CoNAC	17:25	MM45-49
7	John Hopgood	Ryston	17:36	MM40-44
8	Daniel Guppy	Ryston	17:40	SM
9	Nic Bensley	Ryston	17:50	MM50-54
10	Bailey Took	Ryston	17:56	U17B
11	Kevin Vaughan	Thet	18:06	MM55-59
12	Steven Burge	U/A	18:14	MM40-44
13	Ryan Lingwood	Dereham	18:19	U17B
14	Paul Ward	BVH	18:27	MM45-49
15	Tom Levinson	Ely	18:32	MM40-44
16	Ben Collison	WNAC	18:37	SM
17	Ali Macdonald	Lonely Goat	18:43	MM50-54
18	Howard Beasley	St Eds	18:45	MM55-59
19	Steve Walker	Der	18:47	SM
20	Daniel Smith	Renegade	19:09	SM
21	Karl Wright	Thetford	19:11	SM
22	Andrew Merritt	RAF	19:19	MM45-49
23	Stuart Holmes	Camb Tri	19:21	MM55-59
24	Owen Burge	Ryston	19:27	U17B
25	Jason Wing	U/A	19:29	MM50-54
26	Nigel Gayton	KLTC	19:30	SM
27	Tony Savage	Ryston	19:37	MM55-59
28	Nicky Roger	Ryston	19:45	MW45-49
29	Elizabeth Daly	Dereham	19:47	MW35-39
30	Rebecca Cousins	West Nor	20:03	SW
31	Stewart Robins	Ryston	20:06	MM50-54
32	Luke Pavey	U/A	20:09	SM
33	Simon Hardy	KLTC	20:12	MM50-54
34	Jamie Bransgrove	Ryston	20:13	MM40-44
35	Jannis Koulman	Ryston	20:14	U17B
36	Adam Howard	Ryston	20:21	MM40-44
37	Emma Wood	Ryston	20:25	SW
38	Peter Wilson	U/A	20:31	MM50-54
39	Andi Woolley	TCRC	20:51	MM45-49
40	Chris Chorley	BBD	20:57	MM55-59
41	Rosie Booth	Ryston	20:58	U17G

Ryston Runners GP 4 (2019-20)

42	Albert Koulman	U/A	21:08	MM45-49
43	Mark Fountain	Ryston	21:17	MM40-44
44	Alistair Doig	KLTC	21:22	MM45-49
45	Claire Wilshaw	Camb Tri	21:23	MW35-39
46	James Birch	Wymond	21:25	MM50-54
47	Darren Edridge	U/A	21:25	MM50-54
48	Mark Lewis	St Eds	21:31	MM45-49
49	Philip Websdale	Dereham	21:38	MM45-49
50	Andy Rowles	Der	21:39	MM55-59
51	Martin Ive	Ryston	21:41	MM50-54
52	Lesley Robins	Ryston	21:43	MW45-49
53	Rob Hall	BBD	21:43	MM55-59
54	Jonny Clark	TCRC	21:43	MM45-49
55	Nathan Thompson	U/A	21:47	MM40-44
56	Tristan Langley	Ryston	21:48	SM
57	Brian Cook	U/A	21:49	MM50-54
58	Thomas Carey	NRR	21:56	U17B
59	Mark Crook	Ryston	21:57	MM50-54
60	John Dungar	BVH	21:58	SM
61	Debbie James	Ryston	21:59	MW45-49
62	Tessa Killingbeck	Vegan	22:01	MW35-39
63	Mark Doughty	Ryston	22:04	MM45-49
64	Peter Thompson	Nor Gaz	22:09	MM60-65
65	Tiegan Moore	Ryston	22:11	U17G
66	Dawn Robinson	Ryston	22:13	SW
67	Robert Morgan	St Eds	22:13	MM60-65
68	Kevin Took	Ryston	22:15	SM
69	Mark Garrett	WNAC	22:22	MM45-49
70	Kevin Finch	U/A	22:28	SM
71	Mina Thompson	U/A	22:34	SW
72	Erin McNulty	Der	22:52	U17G
73	Nigel Dickins	Pboro&NVH	22:54	MM65+
74	Robert Last	Der	22:57	MM40-44
75	Kareana Symonds	Dereham	22:59	MW35-39
76	Andrew Hammond	Nor Gaz	22:59	MM60-65
77	Tony Cattle	Thetford	23:01	MM60-65
78	Linda Marshall	Ryston	23:02	MW50-54
79	Neil Anderton	Dereham	23:06	MM65+
80	Anna Seaman	Ryston	23:08	MW40-44
81	Nick Clarey	TCRC	23:21	MM45-49
82	Ian Patmore	Run DMC	23:29	MM50-54
83	Karen Williamson	U/A	23:39	MW45-49
84	Vicky Newton	TCRC	23:44	SW

Ryston Runners GP 4 (2019-20)

85	Craig Dungar	BVH	23:55	SM
86	Phil Newton	TCRC	24:04	MM40-44
87	Nina Koulman	Ryston	24:06	SW
88	Steve Rue	St Eds	24:13	MM65+
89	Jenny Morgan	St Eds	24:15	MW60+
90	Neville Knights	Der	24:23	MM60-65
91	Arthur Sargeant	TCRC	24:27	MM55-59
92	Skaiste Gaidamaviciute	U/A	24:30	SW
93	Deborah Last	Der	24:38	MW45-49
94	David Vaughan	St Eds	24:38	MM65+
95	Rob Gosnell	Renegade	24:40	MM40-44
96	Peter Johnson	Tri Ang	24:45	MM55-59
97	Sarah Johnson	TCRC	24:52	MW35-39
98	Vanessa Duffy	Der	25:04	MW50-54
99	Dirk James	U/A	25:09	MM50-54
100	Sarah Melton- Whitelam	TCRC	25:10	MW35-39
101	Darren Elsdon	KLTC	25:11	MM45-49
102	Georgia Williams	Wym	25:29	SW
103	Chris Milnes	Ryston	25:35	MM60-65
104	Ben Hipperson	U/A	25:40	SM
105	Wobine DeSitter	U/A	25:44	MW45-49
106	Julie Ward	U/A	25:49	MW40-44
107	Lorraine Reeves	Brandon	25:49	MW45-49
108	Dawn Marshall	St Eds	25:56	MW55-59
109	Mark Preston	U/A	25:59	MM40-44
110	Bobbie Sauerzapf	BBD	26:01	MW60+
111	Julie Barrow	Ryston	26:02	MW40-44
112	William May	U/A	26:10	MM45-49
113	Amber Robertson	U/A	26:17	SW
114	Sarah Taylor	Ryston	26:23	MW55-59
115	Ken Baker	U/A	26:26	MM65+
116	Pauline Sparrow	Ryston	26:28	MW60+
117	Sarah Sargeant	Tri Ang	26:30	MW45-49
118	Jane Ashby	Ryston	26:34	MW60+
119	Donna Johnson	TCRC	27:01	MW40-44
120	Victoria May	TCRC	27:12	MW45-49
121	Matt Hunter	TCRC	27:13	MM45-49
122	Hayley Wright	Runners NTS	27:14	MW40-44
123	Rita Rue	St Eds	27:24	MW55-59
124	Jen Lewis	U/A	27:31	MW45-49
125	James Hornigold	Ryston	27:36	MM50-54

Ryston Runners GP 4 (2019-20)

126	Liz Blakie	Ryston	27:59	MW60+
127	Robert Scarfe	Wym	28:06	MM65+
128	Julie Amato	U/A	28:07	MW50-54
129	Eva Osborne	Wym	28:10	MW60+
130	Jacquie Wood	Der	32:02	MW60+
131	Nicola Kaiser	U/A	32:04	MW45-49
132	Charlie Wilson	Ryston	32:15	MM45-49
133	Jon Benstead	Ryston	32:43	MM55-59
134	Carole Preston	U/A	33:00	MW40-44
135	Amanda Baker	U/A	35:52	MW55-59
136	Lisa Woolley	TCRC	35:56	MW45-49
137	Tracey Anderton	Dereham	36:00	MW55-59
138	Jade Cooper	Ryston	36:04	SW
139	Jodie Clark	TCRC	36:05	MW45-49
140	Hazel Cason	Der	38:21	MW60+
141	Sue Smith	Ryston	41:18	MW55-59

Under 17 boys

Position	Name	Club	Time
1	Charlie Wakefield	Ryston	16:39
2	Bailey Took	Ryston	17:56
3	Ryan Lingwood	Dereham	18:19
4	Owen Burge	Ryston	19:27
5	Jannis Koulman	Ryston	20:14
6	Thomas Carey	NRR	21:56

Under 17 girls

Position	Name	Club	Time
1	Rosie Booth	Ryston	20:58
2	Tiegan Moore	Ryston	22:11
3	Erin McNulty	Der	22:52

Ryston Runners GP 4 (2019-20)

Senior men

Position	Name	Club	Time
1	Callum Stanforth	Ryston	16:02
2	Ben Keeley	Ryston	16:55
3	Robert Simmonds	Ryston	17:12
4	Andrew Simmonds	Ryston	17:21
5	Daniel Guppy	Ryston	17:40
6	Ben Collison	WNAC	18:37
7	Steve Walker	Der	18:47
8	Daniel Smith	Renegade	19:09
9	Karl Wright	Thetford	19:11
10	Nigel Gayton	KLTC	19:30
11	Luke Pavey	U/A	20:09
12	Tristan Langley	Ryston	21:48
13	John Dungar	BVH	21:58
14	Kevin Took	Ryston	22:15
15	Kevin Finch	U/A	22:28
16	Craig Dungar	BVH	23:55
17	Ben Hipperson	U/A	25:40

Senior women

Position	Name	Club	Time
1	Rebecca Cousins	West Nor	20:03
2	Emma Wood	Ryston	20:25
3	Dawn Robinson	Ryston	22:13
4	Mina Thompson	U/A	22:34
5	Vicky Newton	TCRC	23:44
6	Nina Koulman	Ryston	24:06
7	Skaiste Gaidamaviciute	U/A	24:30
8	Georgia Williams	Wym	25:29
9	Amber Robertson	U/A	26:17
10	Jade Cooper	Ryston	36:04

Master 35-39 women

Position	Name	Club	Time
1	Elizabeth Daly	Dereham	19:47
2	Claire Wilshaw	Camb Tri	21:23
3	Tessa Killingbeck	Vegan	22:01
4	Kareana Symonds	Dereham	22:59
5	Sarah Johnson	TCRC	24:52
6	Sarah Melton-Whitelam	TCRC	25:10

Ryston Runners GP 4 (2019-20)

Master 40-44 men

Position	Name	Club	Time
1	John Hopgood	Ryston	17:36
2	Steven Burge	U/A	18:14
3	Tom Levinson	Ely	18:32
4	Jamie Bransgrove	Ryston	20:13
5	Adam Howard	Ryston	20:21
6	Mark Fountain	Ryston	21:17
7	Nathan Thompson	U/A	21:47
8	Robert Last	Der	22:57
9	Phil Newton	TCRC	24:04
10	Rob Gosnell	Renegade	24:40
11	Mark Preston	U/A	25:59

Master 40-44 women

Position	Name	Club	Time
1	Anna Seaman	Ryston	23:08
2	Julie Ward	U/A	25:49
3	Julie Barrow	Ryston	26:02
4	Donna Johnson	TCRC	27:01
5	Hayley Wright	Runners NTS	27:14
6	Carole Preston	U/A	33:00

Master 45-49 men

Position	Name	Club	Time
1	Jan Kaiser	CoNAC	17:25
2	Paul Ward	BVH	18:27
3	Andrew Merritt	RAF	19:19
4	Andi Woolley	TCRC	20:51
5	Albert Koulman	U/A	21:08
6	Alistair Doig	KLTC	21:22
7	Mark Lewis	St Eds	21:31
8	Philip Websdale	Dereham	21:38
9	Jonny Clark	TCRC	21:43
10	Mark Doughty	Ryston	22:04
11	Mark Garrett	WNAC	22:22
12	Nick Clarey	TCRC	23:21
13	Darren Elsdon	KLTC	25:11
14	William May	U/A	26:10
15	Matt Hunter	TCRC	27:13
16	Charlie Wilson	Ryston	32:15

Ryston Runners GP 4 (2019-20)

Master 45-49 women

Position	Name	Club	Time
1	Nicky Roger	Ryston	19:45
2	Lesley Robins	Ryston	21:43
3	Debbie James	Ryston	21:59
4	Karen Williamson	U/A	23:39
5	Deborah Last	Der	24:38
6	Wobine DeSitter	U/A	25:44
7	Lorraine Reeves	Brandon	25:49
8	Sarah Sargeant	Tri Ang	26:30
9	Victoria May	TCRC	27:12
10	Jen Lewis	U/A	27:31
11	Nicola Kaiser	U/A	32:04
12	Lisa Woolley	TCRC	35:56
13	Jodie Clark	TCRC	36:05

Master 50-54 men

Position	Name	Club	Time
1	Nic Bensley	Ryston	17:50
2	Ali Macdonald	Lonely Goat	18:43
3	Jason Wing	U/A	19:29
4	Stewart Robins	Ryston	20:06
5	Simon Hardy	KLTC	20:12
6	Peter Wilson	U/A	20:31
7	James Birch	Wymond	21:25
8	Darren Edridge	U/A	21:25
9	Martin Ive	Ryston	21:41
10	Brian Cook	U/A	21:49
11	Mark Crook	Ryston	21:57
12	Ian Patmore	Run DMC	23:29
13	Dirk James	U/A	25:09
14	James Hornigold	Ryston	27:36

Master 50-54 women

Position	Name	Club	Time
1	Linda Marshall	Ryston	23:02
2	Vanessa Duffy	Der	25:04
3	Julie Amato	U/A	28:07

Ryston Runners GP 4 (2019-20)

Master 55-59 men

Position	Name	Club	Time
1	Kevin Vaughan	Thet	18:06
2	Howard Beasley	St Eds	18:45
3	Stuart Holmes	Camb Tri	19:21
4	Tony Savage	Ryston	19:37
5	Chris Chorley	BBD	20:57
6	Andy Rowles	Der	21:39
7	Rob Hall	BBD	21:43
8	Arthur Sargeant	TCRC	24:27
9	Peter Johnson	Tri Ang	24:45
10	Jon Benstead	Ryston	32:43

Master 55-59 women

Position	Name	Club	Time
1	Dawn Marshall	St Eds	25:56
2	Sarah Taylor	Ryston	26:23
3	Rita Rue	St Eds	27:24
4	Amanda Baker	U/A	35:52
5	Tracey Anderton	Dereham	36:00
6	Sue Smith	Ryston	41:18

Master 60-64 men

Position	Name	Club	Time
1	Peter Thompson	Nor Gaz	22:09
2	Robert Morgan	St Eds	22:13
3	Andrew Hammond	Nor Gaz	22:59
4	Tony Cattle	Thetford	23:01
5	Neville Knights	Der	24:23
6	Chris Milnes	Ryston	25:35

Master 60+ women

Position	Name	Club	Time
1	Jenny Morgan	St Eds	24:15
2	Bobbie Sauerzapf	BBD	26:01
3	Pauline Sparrow	Ryston	26:28
4	Jane Ashby	Ryston	26:34
5	Liz Blakie	Ryston	27:59
6	Eva Osborne	Wym	28:10
7	Jacquie Wood	Der	32:02
8	Hasel Cason	Der	38:21

Ryston Runners GP 4 (2019-20)

Vet 65+ men

Position	Name	Club	Time
1	Nigel Dickins	Pboro&NVH	22:54
2	Neil Anderton	Dereham	23:06
3	Steve Rue	St Eds	24:13
4	David Vaughan	St Eds	24:38
5	Ken Baker	U/A	26:26
6	Robert Scarfe	Wym	28:06